

LONGEVITY CIRCUIT

Perpetuating techniques which contribute to a longevity lifestyle

Neptune

In Roman mythology, Neptune is the god of the sea and water. To the Greeks, he was Poseidon. His brothers are Jupiter and Pluto. Neptune is the astrological ruler of Pisces, Jupiter of Sagittarius, and Pluto of Scorpio. In fact, all of the planets in our Solar System have the names of Roman Gods. As I have written before, astrological symbols are archetypes that have existed in the collective unconscious for thousands of years. Neptune is one of the oldest and goes deepest into the unconscious.

It's not surprising then that Neptune is one of the most difficult energies to define in astrology. Liz Greene the Ph.D. astrologer from the U.K. has written a formidable book about Neptune, appropriately called "Neptune." It is the definitive text on this archetype. Understanding Neptune is particularly important now because it is in its own sign of Pisces for the first time in 165 years and will be until January 2026. It is so vast, so slow, so mystical, so little understood, that it is rightly called, "The Shadow Planet." Neptune can be romantic, often remote, nervous and restless, deceitful; it is also artistic and

inspirational. It loves meditation and the stage, especially Hollywood. What is Hollywood but the master of illusion, the counterfeit representation of life? Look at recent movies so many represent dystopia, invasion, hero worship, and aim at the immature mentality that falls for these ideas! Things are better in the movies than in real life!

We are also beginning to see the dichotomy of Neptune, combining the opposites under one archetype. Compassion and cunning, spiritual and satanic, dreams, delusions, and the search for the Truth, healing and self-destruction. And anything to do with cells: cells of the body, prison cells, cells in a monastery! And drugs: drugs that heal and drugs that are toxic. A good example is the opioid manufacturer Purdue Pharma which finally pleaded guilty to fraud. But there is also toxicity that gets into the body without the body knowing, passing through a semipermeable membrane. Neptune also



Tulips - Copenhagen - V. Cornell

rules oil and gas, substances that reside within rock! Fracking is still an issue. And Neptune rules fog. How thick does the fog need to be for it to be impenetrable? When must one pull over

to the side of the road when the fog is so thick, and even then, is that safe?!

Discovered in 1848, many people at the time believed that Neptune was not really part of our solar system, but exerted a psychic and spiritual influence over humanity bringing clairvoyance, psychic mental disturbances and weird states of mind. And often planets are defined by what is happening on the planet at the time of its discovery. In the middle 1800's spiritism and magnetism were discovered and we get the word, 'mesmerized' from one of the early discoverers of what is now called hypnotism, Franz Mesmer. Many consider this to be the beginnings of awareness of depth psychology as later defined by Freud and Jung! This period brought us the emergence of new religions such as Christian Science, founded by Mary Baker Eddy who was influenced by the 'magnetist,' Phineas Quimby. He realized that the real agent of cure was suggestion and practiced a kind of mind cure.

What we are encountering now with Neptune in its home of Pisces is typical of the aforementioned descriptions. The most obvious is constant vocalization of lies and mistruths. The media is full of articles, texts of purposeful misinformation. The past President and many many politicians are knowingly attempting and succeeding at speaking lies in order to gain votes. And many media apps are doing so as well to support them. Facebook and others have free range.

We also have Healthcare issues. The medical profession is a mess: overcharging, sending seriously ill patients into debt, despite the so-called health care act. And pharmaceutical greed. Then there is Covid!



Cuba - Valle de Viñales - V. Cornell

Mass contagious diseases are also a Neptune topic! The fear, the distrust, the paranoia, you couldn't ask for a better description of Neptune.

But Neptune's home is Pisces and the ancients assigned to it two fishes swimming in opposite directions but connected with a silver cord. So there must be something good going on as well. What about the other fish? Prison reform if finally happening, we are attempting to work with global warming, recycling, regions sexual abuses and healing emotional and physical ailments with nutrition.

And how will you be affected by Neptune in Pisces personally? You might want to take up dancing: the tango is a very Neptunian dance. Or photography may come to interest you. Are you a swimmer? Do more: go for enough laps to do a mile. Emotionally, you might be more teary, become a door mat, get addicted, lie a lot, become a meditator, work for prison reform, go to the movies more. You may seek redemption, take acting classes or learn to paint with water colors. You may avoid confrontations, live in your imagination, pretend you're someone else. It all depends on how and where Neptune relates to your own character.

I know this is a newsletter about Astrology, but why do some people have better outcomes for their transits than others. Why do some

people think they have a bad chart, while others also with difficult charts seem to be okay with it? Of course there is no one answer, but there is help to move through life with less stress and that involves eating correctly. There is a new psychiatry: Nutritional Psychiatry. Or, perhaps you have

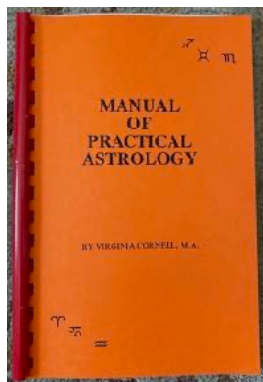
heard about the Psychobiotic Revolution? Or maybe you've heard about Interoceptivity? These are all the terms given to the awareness that food and mood are connected. Now mainstream psychiatry is finally catching up.

To overcome negative influences, it's important to be realistic. One of the more interesting areas of research was pioneered by a French man named Gauquelin who validated planetary house positions mathematically. Gauquelin is responsible for the concept of the *eminence factor* which in essence says that astrology works better for the famous. Why? Because a chart indicates one's highest potential and people who think they can succeed, do. So to get out of our astrological map we have to potentiate it first. Remember you can't give up something you haven't got.

[\(Click here to jump to the Spring Calendar\)](#)

The Manual of Practical Astrology

I have a few of my astrological books left. They are \$10 plus postage and those who took my class thought it was very helpful.



Longevity Circuit Newsletter Archive

An archive of all Longevity Circuit newsletters for the past 33 years are available on the [Longevity Circuit website \(lccircuit.com\)](http://lccircuit.com)!

Adano Audio / Video Recordings

After 20+ years of collecting, transferring, cleaning up, and archiving Adano's videos and audios, they are now ALL available online for the first time on Adano's YouTube page (<https://www.youtube.com/c/AdanoLey>).

Your own copy of the Adano archives is also available, just send Paul a 64GB USB flash drive and include return postage. The archives have been cleaned up as much as possible with today's technology and Paul is constantly reviewing the newest technology to see if they can be improved even further. It's an amazing body of work in Adano's own voice and unedited so that the videos and audios have his great energy unadulterated. If you have anything of Adano's that needs to be archived, send it to Paul. In addition to [Adano's website](#), Adano is also [on Facebook](#).



Clematis - Santa Fe - V. Cornell

Spring Calendar

The Spring Equinox falls on Sunday, March 20th at 9:33 AM MDT. All the planets will continue to be direct until Pluto makes a station turning retrograde at 28° Capricorn and in mid May when Mercury will turn retrograde at 4° Gemini, its natural home. But it will turn direct on June 3rd, before the summer Solstice. As usual, remember to exercise caution during the retrograde period, especially if money or travel are involved. It's really a wonderful time to review rather than to move forward. Mercury is the trickster and needs respect (to look at again).

Pluto is firmly ensconced in the 12th house of the Treaty Chart. Hidden there, it is very hard to know what that transformative energy might be doing. Pluto is the detective, but also the miscreant. Perhaps this is why it it's taking so long for the truth to emerge about the insurrection on Jan 6th and the foibles of the past president. Luckily Pluto is making a beneficial sextile to President Biden's Sun and Venus in the 12th house. Enlightened Scorpios can be very powerful as they work behind the scenes, making changes secretly avoiding conflict until the deed is accomplished! With four planets in Scorpio in the 12th house, let us hope that Biden is up to the challenges he faces!

Neptune is still in the U.S. first house of the people and will be for at least the next four years. Gullible, easily influenced people are marked by Neptune especially those who feel disenfranchised and downtrodden. Perhaps the energy of Jupiter which is now also in the first house can ameliorate the situation through

education and improved circumstances. And luckily Jupiter will remain there until February of next year, making a station and retrograde keeping that energy with Neptune. Also Jupiter and Neptune together are kind. We are clearly witnessing that with the contributions and aid to to the Ukrainians.

Uranus is still the odd man out, but leading the pack. Not particularly happy in Taurus whose earthy practicality slows the brilliance of Uranus, time is needed to see exactly what

Uranus can accomplish in an incompatible sign. In the second house of money in the treaty chart we can attribute Uranus there for the cryptocurrencies, for the NFTs, and other hidden sources of money because Uranus rules unseen forces of energy and cryptocurrencies use up enormous amounts of energy with the use

of innumerable computers. That seems like a lot of hyperbole but it ain't!

Now enter the taskmaster, the professor, the maker of bones and skyscrapers, Saturn. Saturn is in Aquarius, Uranus' home, hidden in the 12th house and this energy is going to be leaving soon, entering the first house where its work will become known. Unfortunately we don't have an exact to the minute time for the birth of the nation, but we can guess that it could well be this year. Saturn in the 12th house is a time when old ways of doing things don't work any more. It is the end of a cycle. When Saturn emerges out of the 12th house into the 1st, a new cycle will begin.

On June 21st, look for the next issue of Longevity Circuit!

Che Fece...Il Gran Rifiuto

To some among us comes that implacable day
Demanding that we stand our ground and utter
My choice of will the great yay or nay.
And whatsoever has in him the affirming word
will straightaway then be heard.
The pathways of his life will clear at once
and all rewards will crown his way.
But he, the other who denies,
No one can say he lies; he would repeat
his nay in louder tones if pressed again,
it is his right – yet by such little trifles,
A “No” instead of “Yes” his whole life sinks and stifles.
(This translation is found in *Clea* by Laurence Durrell)
